



## How Louisiana Determines Long Term – Personal Care Services (LT-PCS) Hours?



The Louisiana Department of Health (LDH) sent someone to do an in-person assessment of you by asking you and others questions about the help you get. The answers were used to figure out how many hours of help you will get through LT-PCS. This assessment is called the **Minimum Data Set for Home Care or MDS-HC**.

Section H of the MDS-HC, "Physical Functioning," has information on the help you get with **Activities of Daily Living (ADLs)**. There are four important ADLs that are used to set the hours of LT-PCS services you can receive. These are:

- Bed Mobility- moving around in bed, sitting up and lying down, turning from side to side, and positioning body while in bed.
- Toilet Use- using the toilet room, commode, bedpan, or urinal; sitting down or getting up off the toilet; cleaning self after toilet use (or incontinence episode); managing any special devices required (ostomy or catheter), and adjusting clothes.
- Eating- Getting food or drink into your body (including tube feeding). If someone prepares your food for you that does not count. It also does not count if you need someone to put the food on a plate and on the table.
- Transferring- moving to and from bed, sofa, chair, wheelchair, or standing/sitting position.

The assessment looks at how much help you got to do these activities during the 3 days before your assessment. The different types of help are shown in the chart below.

MDS-HC Scoring Term	What this means
Independent	No help, setup, or oversight OR help, setup, and oversight given only 1 or 2 times
Setup help only	Something to help you do the activity was placed within your reach
Supervision	Oversight, encouragement or reminding was provided 3 or more times OR supervision 1 or more times with physical help given only 1 or 2 times
Limited Assistance	Person highly involved in activity; got physical help in moving arms and legs or other non-weight bearing help 3 or more times OR a combination of non-weight bearing help with more help provided only 1 or 2 times (for a total of 3 or more times of
Extensive Assistance	Person performed part of activity on own (50% or more of the parts of the activity); help of following types were provided 3 or more times: weight-bearing help OR activity done totally by another person during part (but not all) of last 3 days
Maximal Assistance	Person completed less than 50% of the parts of the activity on own, received weight-bearing help or parts of the activity done totally by another person 3 or more times
Total Dependence	Activity done totally by another person

You are assigned a point value for each of the 4 ADLs (transfer, bed mobility, toileting, and eating), based on the type of help you got in each. These point values are added to arrive at an "ADL Index." This "ADL Index" determines the range of LT-PCS hours you can get each week.

<b>ADL INDEX</b>	<b>LT-PCS HOURS PER WEEK</b>
4 – 5	1 – 18
6 – 8	1 – 22
9 – 10	1 – 26
11 – 13	1 – 30
14 – 15	1 – 32

Once the range of hours is determined, a Plan of Care is written. The Plan of Care shows the actual number of hours of help that you will receive each week. The actual number cannot be more than the highest amount for your ADL Index, unless you need more hours to avoid going into a nursing home. Under the LT-PCS Program no one can receive more than 32 hours of LT-PCS each week.

If you are approved for 32 hours, and still need more help to avoid having to go into a nursing home, you may be entitled to a Community Choices Waiver slot. To apply, contact the Office of Aging and Adult Services (OAAS) toll free helpline at 1-866-758-5035 (choose option 5).